

Amendments to the Claims:

This listing of the claims will replace all prior versions, and listings of the claims in the application:

1. (cancelled).

2. (cancelled).

3. (previously added) A baseball grip, comprising:

a first protrusion adapted to be received between a thumb and an index finger on a user's left hand and lock said left hand in place so that said left hand will not shift when a swing is made; a second protrusion adapted to be received between a thumb and an index finger on said user's right hand to lock said right hand in place so that said right hand will not shift when said swing is made;

said first and second protrusions acting together to ensure that a knocked-knuckles grip is maintained during said swing.

4. (previously added) The grip of claim 3 wherein said protrusions have a rough-diamond shape.

5. (new) A baseball bat grip, comprising:

a first protrusion having a lower portion which is adapted to substantially conforms to the a shape of a first V-shaped portion on a right hand of a user;

a second protrusion spaced apart in substantial alignment along the bat from said first protrusion, said second protrusion having a lower portion which is adapted to substantially conform to a shape of a second V-shaped portion on a left hand of said user, said first and second

protrusions together maintaining said first and second hands in a desired position during the swing of the bat such that a desired grip is substantially maintained.

6. (new) The grip of claim 5 wherein said desired position is one in which the user's knuckles are knocked.

7. (new) The grip of claim 5 wherein said protrusions are adapted to prevent slippage during a swing.

8. (new) A baseball grip, comprising:
a first protrusion adapted to be received between a thumb and an index finger on a user's first hand and lock said first hand in place so that said first hand will not shift when a swing is made;
a second protrusion adapted to be received between a thumb and an index finger on a second hand of said user to lock said second hand in place so that said second hand will not shift when said swing is made; and
said first and second protrusions being on the same side of the bat such that they cause the user to maintain a knocked-knuckles grip during said swing.

9. (new) The grip of claim 8 wherein a lower portion of said first protrusion is pointing down the bat at an acute angle to an axis of said bat.

10. (new) The grip of claim 8 wherein a lower portion of said second portion is pointing down the bat at a first acute angle to an axis of said bat.

11. (new) The grip of claim 10 wherein a lower portion of said first protrusion is pointing down the bat at a second acute angle in an opposite angular direction to said first acute angle.

12. (new) The grip of claim 8 wherein said first and second protrusions are in an alignment which causes a first V-shaped portion on said user's first hand to be in a position which is in substantial alignment with a second V-shaped portion on said user's second hand during a swing.